

New Alateen Meeting

Changing What We Can Alateen Group

Friday Nights, 7-8 PM, @ 235 E Guadalupe Rd, Gilbert, AZ 85234
(Gilbert Presbyterian, just east of Gilbert Road)

Alateen meetings are closed (unless a group holds an occasional open meeting for

What is Alateen?

Alateen is a place where members come together to:

- Share experiences, strength, and hope with each other to find effective ways to cope with problems.
- Discuss difficulties and encourage one another.
- Help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Alateen's Twelve Traditions.

Alateen is not a place:

- For teenagers seeking help for drinking or drug problems or a therapy program
- To complain about parents or anyone else.
- A social hangout.

There Is Hope

No matter how difficult our situation, we can build a better life for ourselves by remembering to reach out for recovery. Just keep these points in mind:

- Alateen has helped many others. None of us is alone—many other teenagers have gone through the same problems that we have.
- Alcoholism affects the person who drinks and those who are close to the problem drinker.
- Learning the facts about alcoholism can make it easier to accept it as a disease.

- Another person's addiction to alcohol is no reflection on us. Remember that we didn't cause it, and we cannot control or cure it.
- We are not responsible for the alcoholic's behavior.
- It helps to talk things over with someone we trust.
- Being patient with ourselves and our families is important. Alcoholism has affected us and our families for a long time, and it may take a long time to recover.
- Try to improve, "One Day at a Time."
- Attend Alateen, Al-Anon, and open A.A. meetings.
- Study the Twelve Steps and Twelve Traditions. They are an important part of the Alateen program.

Also meeting Friday nights at this location

- Al-Anon
- AA

AMIAS (Al-Anon Member in Alateen Service)

For Alateens to meet, there must be an Al-Anon Area-certified AMIAS present, preferably two. If there is a week with only one Alateen present, or no AMIAS, Alateens are always welcome to attend the Al-Anon meeting.